



Food Label Quiz

Please circle the correct or best response.

Date: _____

1. A **low fat** serving of food has?

- a. 10 grams of fat or less
- b. 5 grams of fat or less
- c. 3 grams of fat or less
- d. no saturated fat

2. Serving size indicates the calories in the food package.

- a. True
- b. False

3. Fat has more calories per gram than either carbohydrates (starches and sugars) or protein. Hint: Check out the bottom of the Nutrition Facts Panel

- a. True
- b. False

4. The New Food Label regulations went into effect May 1994 based on the Food and Drug Administration's Nutrition Labeling and Education Act of 1990.

- a. True
- b. False

5. The Nutrition Facts panel states whether a food is a healthy choice or not.

- a. True
- b. False

Answer Sheet to Quiz on Reading Food Labels

1. c. 3 grams of fat or less

Use this as a guide to make heart healthy choices and reduce fat in your diet.

2. b. False

Serving size refers to the calories in the reference amount, stated in both common household and metric measures. Serving sizes are more uniform now among similar products and reflect the amount people actually eat.

3. a. True

Fat has 9 calories per gram, while carbohydrates and protein have 4 calories per gram each. Fats are a calorie dense nutrient meant for energy storage. Imagine, if your fat stores were less dense think of how much larger volume they would require.

4. a. True

This FDA regulation was designed to provide more information to consumers to help them make healthy food choices.

5. b. False

A consumer must evaluate the Food Nutrition Facts panel and decide if a food meets their own individual needs for a healthy diet. It is a tool or guide for nutrition information.